METRO NEWS

EUROPE ON HIGH ALERT

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Vancouver metro

CROCK AROUND THE CLOCK
BREAKFAST, LUNCH AND DINNER RECIPES

Your essential daily news | WEDNESDAY, NOVEMBER 18, 2015 | High 8°C/Low 4°C Sun and cloud

The Celebration of Light fireworks over English Bay.
JENNIFER GAUTHIER/METRO FILE

Cash for NYE bash

City pledges up to $125K for New Year's celebrations

metroNEWS

Lotto boss raised limits before exit

LEGISLATURE

Uncovered email raising concerns

Matt Kieltyka
Metro | Vancouver

The NDP is calling for the investigation into former B.C. Lottery Corporation CEO Michael Graydon's departure to be re-opened after it obtained an email showing he raised betting limits at casinos while negotiating his new private sector gaming job.

In February 2014, Graydon was hired as president of PV Hospitality ULC, a joint venture between Paragon Gaming (which owns and operates the Edgewater Casino) and 360 Vox Corporation, and tasked with overseeing plans for the proposed mega casino resort on provincial land near BC Place.

A government audit following his resignation at BCLC found that Graydon "was in a conflict of interest" during his last two months as CEO for not disclosing he was in negotiations with a private sector gaming company, but concluded there was "no evidence of Paragon Gaming or Edgewater Casino receiving preferential treatment."

But Graydon's controversial departure was raised again in the Legislature during question period on Tuesday, after NDP MLA David Eby obtained a Dec. 19, 2013, letter through Freedom of Information.

In the letter, Graydon writes to Ministry of Finance assistant deputy minister John Mazure that he decided to increase the betting limits on high limit tables at B.C. casinos — "in particular, at the Edgewater and River Rock Casinos" — from $90,000 to $100,000, despite concerns raised by the Gaming Policy and Enforcement Branch when the increase was proposed in September 2013.

"A very simple decision took 13 weeks to resolve and if not for senior-level intervention, BCLC and the Province of British Columbia would miss out on an important incremental revenue opportunity," wrote Graydon.

The new betting limits, the highest in Canada, went into effect Jan. 31, 2014, days before Graydon officially accepted his new position at PV Hospitality.

"This doesn't pass the smell test for me," Eby told Metro. "(Graydon) took it upon himself to force this decision through."

Raising the limits generated an additional $103 million in revenue for government last year, which he said was funneled into health care and education.

When reached by Metro, Paragon Gaming declined to comment and said Graydon would not be available for interview.

A spokesperson said Graydon had been cleared by the July 2014 audit.

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metro NEWS
Your essential daily news

The battle of breakfast foods heats up across the nation. **Business**

Need health services? There's an app for that

TECHNOLOGY

Few patients are aware of free software, says researcher

Thandi Fletcher
Metro | Vancouver

For some patients, an app a day could keep the doctor away.

That's the hope of some Vancouver health providers hosting a public forum on Thursday that aims to teach the public about the types of smart phone apps and websites available to help them manage their health.

With the sheer number of electronic tools available for download these days, "there's something for everyone," said Jennifer Cordeiro, research coordinator at the University of B.C.'s Faculty of Medicine eHealth Strategy Office.

"Technology really offers the patient the opportunity to take their health into their own hands, both literally and figuratively," she told Metro.

"It's not a replacement to face-to-face visits or talking to a health-care provider in person, but it's definitely an alternative."

Although a number of health apps are being made in B.C., and are free for download, Cordeiro said relatively few patients are aware of their availability.

One example is MoodFx, an interactive mobile website developed by the Mood Disorders Centre and UBC's eHealth Strategy Office, that helps patients screen and track symptoms of depression and anxiety.

After keeping a daily record of their symptoms, Cordeiro said the app allows patients to show the data to their doctor. The information can help them see patterns and identify life events that could trigger depression and anxiety, she said.

Recognizing that some patients might be wary of storing sensitive medical information on their smart phones, Cordeiro urged them to research each app and the privacy policy before downloading.

She also cautioned patients against downloading apps that don't serve them. If they don't have diabetes, she said an app that lets them track their glucose won't be helpful.

The public forum, which is free, runs 6 p.m. to 9 p.m. Thursday at the Alice McKay room at the Vancouver Public Library's Central branch.

A public forum being hosted at the Vancouver Public Library's Central branch on Thursday aims to teach the public about smart phone apps available to help them monitor their health.
THANDI FLETCHER/METRO

Top 5 health apps

1 MindShift

Designed to help teens and young adults cope with anxiety, this app can help coach patients through challenging situations. **Anxiety BC**

2 Health Services Locator App

The BC Health Service Locator App lets patients search for walk-in clinics, hospitals, emergency rooms and other health service information from their iPhone, iPod or iPad. **HealthLink BC**

3 MoodFx

This interactive website help people with depression and low mood to screen and track their symptoms, set reminders to track their symptoms or medication, and receive helpful tips. **Mood Disorders Centre and UBC**

4 Instant Heart Rate Monitor

This heart rate measurement app lets patients place the tip of their index finger on the iPhone's camera, and in a couple of seconds, they can see their pulse. **Azumio**

5 Medication Reminder and Pill Organizer

This app helps patients manage their medications, pills, refills, measurements and doctors' appointments. **MediSafe Inc.**

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Building permits costlier

CITY HALL

Rezoning fees are going up by 30 per cent

Emily Jackson
Metro | Vancouver

Developers will have to fork over more cash for building permits in Vancouver next year, a decision the majority of councillors said will get housing built faster, despite concerns that a fee hike could make the city even more unaffordable.

Council voted Tuesday to raise rezoning fees by 30 per cent and to increase permit fees for smaller things such as tree removal, plumbing or secondary suites by a two per cent inflation rate. The jump will put an extra $1.7 million in the city's coffers annually.

Staff will use the cash to hire more people to deal with an overflow of development permit and rezoning applications. There were more than 2,400 permit applications in process as of Oct. 1 this year, according to the city.

The city ran the potential increase by developers, who said higher fees would be reasonable if the permit process actually speeds up, according to a city report. After all, "time is money," acting city manager Sadhu Johnston told council.

Vancouver city hall. ERIC DREGER/THE CANADIAN PRESS

> **Have we really considered the ramifications?**
> Coun. Melissa DeGenova

"The permit fees are negligible," Johnston said. "What is of concern is how long it will take to get a permit."

While rezoning fees represent a mere fraction of the overall cost for large comprehensive development projects, they will still jump by about $10,000 to more than $40,000. That's well above rezoning fees for similar projects in Surrey ($10,000), West Vancouver and Richmond (about $5,000), and Coquitlam and Burnaby (about $3,000), according to the city. Vancouver's fees are in line with Burnaby's (and well above Coquitlam, Richmond and Surrey) for smaller apartments and retail buildings.

Non-Partisan Association councillors voted against the fee hike due to fears it will make the city more affordable if developers pass on the costs to consumers. They also argued it could discourage developers from building in the city.

"We're in an affordability crisis," Coun. Melissa DeGenova said. "Have we really considered the ramifications of this?"

She suggested it's not foreign ownership but the City of Vancouver that is pushing up housing prices.

But Green Party Coun. Adriane Carr countered that developers are still competing for land, which is desirable to buyers across the globe. The problem isn't the fees, which are "nothing" compared to the land, but the time it takes to get a building permit, she said.

PEDESTRIANS

Stay safe while walking

Thandi Fletcher
Metro | Vancouver

As days get shorter, police are urging pedestrians to stay visible and be aware of their surroundings to keep safe.

On Tuesday morning, police officers and ICBC officials handed out safety reflectors to commuters at Broadway and Commercial to help educate pedestrians about the importance of being visible to drivers to avoid getting hit by cars.

Between November and January, when daylight savings ends and the weather gets wetter, the injury rate of pedestrians being hit by cars doubles across the province, according to ICBC.

"We are fully into the fall season, so that means darker days, bad weather and poor road conditions," Joanna Linsangan, spokeswoman for ICBC, told Metro. "We need to be extra vigilant to stay safe."

> **33**
> **Number of pedestrians that are killed in crashes every year, according to ICBC**

Across the Lower Mainland, an average of 33 pedestrians are killed and 1,700 pedestrians are injured in crashes every year, according to ICBC. The majority, 75 per cent, of collisions involving pedestrians happen at intersections, the insurer said. Collisions also tend to happen between 3 and 6 p.m., and on Fridays.

This year is already proving to be deadly for pedestrians in Vancouver.

According to Vancouver police, there have been 12 fatalities as a result of car crashes, of which nine have involved pedestrians, in the city. Last year, there were 14 fatalities, seven of which involved pedestrians, police said.

Linsangan urged pedestrians to ensure they are visible, make eye contact with drivers to check that they have been noticed, especially at intersections, and to not wear headphones so they can hear vehicles around them.

She encouraged drivers to slow down, increase their following distance, give themselves plenty of travel time, make sure their lights are on, to be prepared to yield around SkyTrain stations and other high traffic areas for pedestrians, and to consider using headlights when weather is poor.

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COUNCIL

City chips in for New Year bash

The City of Vancouver will help foot the bill for a family-friendly, free New Year's Eve celebration in downtown Vancouver.

Council voted unanimously Tuesday to provide up to $125,000 in funding to the New Year's Eve Celebration Society to throw a bash and host a fireworks display at Canada Place on Dec. 31, 2015.

The NYE society, created by Vancity Buzz editors and backed by heavy hitters including Port Metro Vancouver, Brand Live and the Downtown Vancouver Business Improvement Association, has also raised $165,000 in private donations and received in-kind contributions of $110,000.

The party will feature fireworks at midnight (along with a short display at 9 p.m. to please parents with young children), food trucks and live music.

Those who want to toast 2016 with alcohol will have to buy tickets to a premium viewing area. Transit (including the SeaBus) will be free and extended by one hour to transport all partygoers.

Gregor Robertson speaks at NYE VAN news conference, at the Convention Centre on Dec 12, 2013. JENNIFER GAUTHIER/METRO FILE

It's not clear whether the event could operate without the city's funding, but spokesman Charles Gauthier said the city previously communicated its support before the society announced the event would go forward in late October.

The city's funds will ensure "adequate safety personnel and equipment," according to a staff report. Since no one can provide a reliable estimate of the number of attendees or the potential for public disorder, the city is requiring (and funding) a "robust safety plan," according to the report.

It's particularly hard to find sponsors for outdoor winter events since it's risky to fund weather-dependent events, the report stated. Once the event proves it can be safely and well executed, the city anticipates it won't have to provide as much funding.

It will be the first public New Year's Eve party in the downtown core since 1992.

EMILY JACKSON/METRO

> **The party will feature fireworks at midnight (along with a short display at 9 p.m. to please parents with young children), food trucks and live music.**

IN BRIEF

Man on run for six years faces charges in Arizona

Friday the 13th of November was a lucky day for police in Delta, B.C., as they resolved a six-year-old case and helped remove a convicted sex offender from Canada.

George Wilcox was taken from a Metro Vancouver jail cell he had occupied since his arrest in Delta in 2012, and handed over to United States authorities to face sentencing for abusing his brain-injured, quadriplegic stepson.

Fifty-seven-year-old Wilcox has been on the run since 2009 when he failed to appear at his Arizona trial and was convicted in absentia of two counts of sexual interference. In addition to sentencing on the Arizona convictions, Wilcox faces two further counts of sexual conduct with a minor and, under Arizona law, could face up to 27 years in prison.

THE CANADIAN PRESS

NDP pledges sweeping energy retrofits in B.C.

Opposition NDP Leader John Horgan isn't ruling out cancelling the $9-billion Site C Hydro electric project already under construction if his party wins the 2017 provincial election.

Horgan made the statement while launching his PowerBC plan Tuesday, pledging province-wide retrofits of everything from the Revelstoke Dam to private homes.

Horgan said he would revisit the question of cancelling the Site C project leading up to the provincial election 18 months from now.

"I don't think we're at the too-late stage," he told reporters. THE CANADIAN PRESS

This cast of a 53-million-year-old wood wasp, called the Ypresiosirex orthosemos, was found by researcher Bruce Archibald in the Southern Interior's McAbee fossil fields. COURTESY ROYAL B.C. MUSEUM

Fossil reveals early days of B.C. forests

DISCOVERY

Ancient wood wasp specimen is similar to modern insect

Matt Kieltyka
Metro | Vancouver

Royal B.C. Museum researcher Bruce Archibald vividly remembers the moment he unearthed a perfectly preserved 53 million-year-old fossil of a wasp in the Southern Interior's McAbee fossil beds.

Not necessarily because the ancient seven-centimetre-long insect would prove invaluable to his research, though.

"I jumped up right away and split my pants," he laughed.

Wardrobe malfunctions aside, the dig formed the foundation of Archibald's latest article on newly discovered insect species, written with renowned researcher Alexandr Rasnitsyn of the Russian Academy of Sciences, in The Canadian Entomologist this week, which offers a unique look at B.C. forests shortly after the extinction of the dinosaurs.

What struck Archibald was the wood wasp's similarity to its modern-day pests.

> **I jumped up right away and split my pants.**
> Researcher Bruce Archibald

"The important part is that it's quite like modern ones," Archibald told Metro. "They're remarkably comparable."

Archibald said the wasp would bore into the same trees they do today. Fir, pine and cedar would be familiar to British Columbians, as would the ancient Interior climate, which Archibald said was similar to that of modern-day Vancouver.

But milder winters meant certain warm-weather species of animals and vegetation, such as palm trees, would also make up B.C. forests during that time.

Like a detective searching for fingerprints at a crime scene, Archibald said the insect fossils help scientists piece together the larger story of what the region, near Cache Creek, looked like 53 million years ago.

"What we're seeing is an early version of our modern world," said Archibald, also a research associate with Simon Fraser University and Harvard.

SEVERE WEATHER

Power out in wake of high winds

Thandi Fletcher
Metro | Vancouver

More than 40,000 homes and businesses were without power in Metro Vancouver and the Fraser Valley Tuesday as strong winds blasted across British Columbia's south coast, downing trees and causing widespread damage.

Most of the outages were in Abbotsford and Chilliwack, which was hit by winds of 70 to 90 km/h throughout the day.

As of Tuesday evening, BC Hydro reported that the severe weather had caused more than 250 outages in Metro Vancouver, the Fraser Valley and the Sunshine Coast, affecting more than 40,000 customers.

Meanwhile, on southern Vancouver Island, the storm caused more than 120 outages that left nearly 15,000 customers without electricity. At times, the storm knocked out power to up to 30,000 customers during the day on the south island.

BC Hydro said crews were working to restore power as quickly and safely as possible to affected customers.

According to Environment Canada, the strong west to southwest winds are the result of a frontal system moving across Vancouver Island with an accompanying low pressure centre moving into the B.C. interior.

Environment Canada warned on its website the winds may cause damage to buildings, like windows and roof shingles, and urged drivers to be prepared for windy road conditions.

Heavy rainfall warnings were also in effect for the Fraser Valley, with up to 30 millimetres possible for Howe Sound and eastern portions of the Fraser Valley until Tuesday evening, according to the national weather agency.

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Syrian refugee children play at a settlement on the outskirts of Mafraq, Jordan, in October. Refugees from Syria won't be coming to Canada from a single camp. THE ASSOCIATED PRESS FILE

Logistics challenge refugee planners

IMMIGRATION

Getting 25,000 Syrians to Canada is a complex task

First came the announcement of the 25,000 Syrian refugees' fast-tracked arrival in Canada.

Now come the logistics.

Admittedly, there are plenty of problems. Although numbers ramped up recently, the Harper government cut immigration staff and shrank refugee budgets over the past decade, making it more difficult to process thousands of people in the six weeks left until the end of the year. Or even the longer period that has been hinted at.

But consider the sheer logistics of getting 25,000 mainly Arabic-speaking Syrians from Lebanon, Turkey and Jordan to Canada without mishaps, missteps and the numerous setbacks that face even ordinary travellers.

"I was one of those urging caution," says Howard Adelman, who launched a national campaign in 1979 that brought 60,000 Indochinese "boat people" to Canada in 24 months. But he added, "there was so much enthusiasm that I changed my mind."

Scott Mullin, labelled the "One-Man Board of Immigration" during the airlift of Vietnamese refugees from Sham Shui Po refugee camp in Hong Kong, processed thousands of people, sending off a flight every two to three days.

But he said, this operation will be more unpredictable and difficult, because the Syrian refugees won't be coming from a single camp.

Even when they reach the airports, "flying is complicated. There are baggage limits. Women have babies. Elderly people die. And then there's someone who forgot to add their nephew to their documentation papers, so you have six people instead of five."

Military rather than chartered commercial transport may be a less complex way of travel, and better equipped for dealing with security problems and emergencies, says Walter Dorn, a professor of defence studies at Royal Military College of Canada. But he warns, it's more expensive and military aircraft aren't outfitted for large numbers of passengers. "They're meant for transporting troops who are habituated to travelling in rougher conditions." TORSTAR NEWS SERVICE

THREAT

Two Paris-bound flights diverted

Philip Croucher
Metro | Halifax

An Air France flight destined for Paris from Washington was diverted into Halifax on Tuesday night due to a bomb threat.

Peter Spurway, spokesman for the Halifax Airport Authority, said Flight 055 landed safely at Halifax Stanfield International Airport at 10:15 p.m.

The 298 passengers and crew on board the Boeing 777 were then evacuated from the plane.

When asked why the plane made the unscheduled landing, Spurway referred questions to the RCMP.

In a series of tweets issued at about 12:10 a.m. Wednesday, the RCMP confirmed a bomb threat was made and that after the landing, several different agencies assisted in getting the passengers and crew safely off the aircraft.

"(RCMP) will be searching the Air France plane using police dogs trained in explosives," one of the tweets read.

Also Tuesday night, U.S. officials said an Air France flight bound for Paris from Los Angeles was diverted to Salt Lake City because of security concerns.

Federal Aviation Administration spokesman Allen Kenitzer could offer no further details on the security issue.

WITH FILES FROM THE ASSOCIATED PRESS

IN BRIEF

Hidden knife leads to arrest on Parliament Hill

The Mounties arrested a man carrying a hidden knife outside the Parliament Buildings on Tuesday, as security forces remain on high alert following the deadly terror attacks in Paris and Beirut.

The Parliamentary Protective Service apprehended the man outside Centre Block and took him into custody, said RCMP Cpl. Valerie Thibodeau.

Charges were pending as of early Tuesday evening, and the investigation was ongoing. It was unclear whether the incident was terrorism-related. METRO

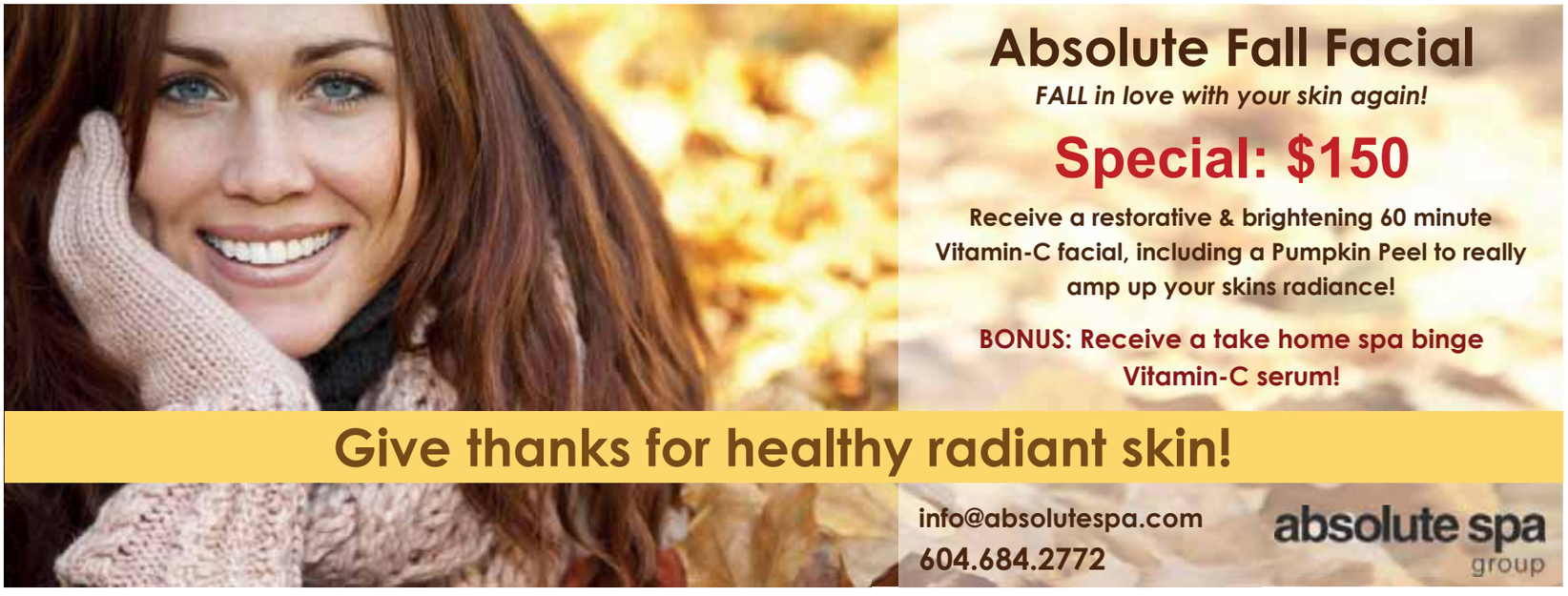
More Canadian troops to join training mission

Canada will deploy more troops to help train local fighters battling Islamic State extremists as part of Canada's renewed commitment to the anti-terror fight, Prime Minister Justin Trudeau says.

Trudeau confirmed Tuesday that a beefed-up training mission will mark the core of Canada's changing contribution to the coalition fight against extremists in Iraq and Syria.

But Trudeau also warned that the battle against the terrorists will "not be a short engagement."

TORSTAR NEWS SERVICE



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IN BRIEF

Republicans seek 'pause' on Syrian resettlement

Republicans urged an immediate closure of America's borders to Syrian refugees Tuesday, drawing angry denunciations from some Democrats and igniting an emotional debate about U.S. values in the wake of the deadly Paris terror attacks.

"Pause" was the word used by both new House Speaker Paul Ryan and Senate Majority Leader Mitch McConnell, both Republicans, urging at least a temporary halt in the resettlement of Syrians and disputing Obama administration claims that the small numbers making their way here so far are being thoroughly investigated.

The administration, however, showed no sign of backing off its plans to bring an additional 10,000 Syrian refugees to the U.S.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Attacks, assaults against refugee shelters surging

The number of arson attacks, assaults and other crimes against refugee shelters in Germany has passed 700 this year, according to figures obtained Tuesday by The Associated Press. Data compiled by Germany's federal police showed 715 such crimes between the start of the year and Nov. 16, compared with 199 in all of 2014.

THE ASSOCIATED PRESS

640

In at least 640 cases of attacks, authorities were able to confirm a far-right motive behind the crimes.

People observe a minute of silence on Monday outside the La Belle Equipe — one of the targeted shooting sites — on Rue de Charonne in the XI arrondissements in Paris. JACQUES DEMARTHON/AFP/GETTY IMAGES

Café des Anges: A living memorial

Paris

Staff regularly traded back and forth with La Belle Equipe

Marco Chown Oved
IN PARIS

A short walk from the public mourning in Place de la Republique and the bouquets at each shooting site is a café that doesn't appear to have any connection to the November 13th terrorist attacks.

But if you go past the round tables lined up along the sidewalk and through the blue French doors on the corner, it becomes clear the Café des Anges is a living memorial to its victims.

Five current and former employees as well as six regular customers were killed at La Belle Equipe, an establishment so intertwined with this one that they traded staff back and forth.

More than two dozen friends had gathered there on the fateful evening to celebrate waitress Houda Saadi's 35th birthday. They were sitting on the terrace and bore the brunt of the assault when it came. Many are still in hospital. Eleven didn't make it.

Among the dead are Hodda and her older sister Hamila, 36, bartender Lacrimioava (Lacri) Pop and her partner Ciprian Calciu, waitress Michelli Gil Jaimez, 27, former bartender Guillaume Le Dramp, 33, and regulars Ludovic Boumbas, René Bichon and Hyacinthe Koma.

"Just thinking about it brings back images, very graphic images," said Café des Anges's manager Virgile Grunberg.

One invitee showed up late and found police tape and carnage where the party was supposed to be. A pair of brothers dragged their dying sisters from the chaos and desperately performed CPR as they waited for help to arrive.

I spent most of the day with Grunberg and his staff and watched them put on a brave face as the lunchtime rush arrived. They poured coffee, cleared tables and hauled cases of wine up from the basement, all while stopping to chat with those who came by to pay their respects, and greeting regulars with a hug instead of the customary bisous.

"We are all very close, the staff, the customers," Grunberg said. "This is a neighbourhood café. People come everyday and they tend to spend a lot of time here. We're all part of each other's lives."

Axel, a bartender, put it more succinctly: "we're family."

TORSTAR NEWS SERVICE

EUROPE

Activists urge open borders

Europe must resist the urge to seal its borders to refugees and asylum seekers in the wake of the deadly attacks in Paris last week, Amnesty International said today.

The human rights group is calling for safe, legal routes for the refugees to reach Europe and efficient screening processes to allow them to stay.

"Giving in to fear in the wake of the atrocious attacks on Paris will not protect anyone," John Dalhuisen, Amnesty's director for Europe and Central Asia, said in a statement.

"The numbers fleeing persecution and conflict have not gone away, nor has their entitlement to protection. In the wake of this tragedy, the failure to extend solidarity to people seeking shelter in Europe, often after fleeing the very same kind of violence, would be a cowardly abdication of responsibility and a tragic victory for terror over humanity."

Irregular arrivals into the European Union totaled about 500,000 in September alone, compared to 280,000 in all of last year, Amnesty said in "Fear and Fences: Europe's Approach to Keeping Refugees at Bay."

TORSTAR NEWS SERVICE

A refugee crossing the Greek-Macedonian with his belongings on Nov. 17. GETTY IMAGES

FRANCE

French police continue hunt

France's defence minister says 10 French fighter jets are carrying out new airstrikes on Islamic State of Iraq and the Levant (ISIL) group targets in Syria.

Minister Jean-Yves Le Drian says the jets have carried out new raids Tuesday evening. Speaking on TF1 TV, the French defence minister said France will have 36 fighter jets in the region capable of carrying out airstrikes on ISIL targets once the Charles de Gaulle aircraft carrier reaches the zone. The carrier embarks from Toulon on Thursday.

Meanwhile, French police are hunting for a second fugitive directly involved in the deadly Paris attacks, officials said Tuesday, as France made an unprecedented demand that its European Union allies support its military action against the ISIL group.

French and Belgian police were already looking for a key suspect, 26-year-old Salah Abdeslam, whose suicide-bomber brother, Brahim, died in the attacks Friday night that killed at least 129 people and left over 350 wounded in Paris. ISIL militants have claimed responsibility for the carnage.

THE ASSOCIATED PRESS

MOSCOW

A sombre President Vladimir Putin ordered the Russian missile cruiser Moskva, currently in the Mediterranean, to start co-operating with the French military on operations in Syria.

French warplanes are shown bombing operational sites at the Islamic State of iraq and the Levant's Syria stronghold Raqa. Tuesday marked France's third consecutive day of airstrikes against jihadists. AFP PHOTO/ ECPAD/EMA

SOCCER

Bomb threat cancels match

The friendly soccer game between Germany and the Netherlands was cancelled at short notice due to the serious threat of an attack at the stadium on Tuesday.

"We had concrete evidence that someone wanted to set off an explosive device in the stadium," Hannover police chief Volker Kluwe told German TV.

Lower Saxony Interior Minister Boris Pistorius said no explosives had been found by then, and no arrests had been made.

THE ASSOCIATED PRESS

Fast-food giants fight for breakfast dollars

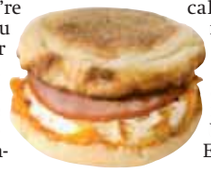
RESTAURANTS

Rivals try to lure customers from leader Tim Hortons

Doug Fisher tries to steer clear of fast food for breakfast, but once in a while the president of food service consultancy firm FHG International Inc. in Toronto has one of Starbucks' decadent egg sandwiches.

"Breakfast is a hot item, and it's an open market," he says.

The giants are locked in a battle for your breakfast business. Fisher says they're all trying to lure you away from top player Tim Hortons which has over half the morning market share among "quick service" chains. McDonald's has been the most successful at stealing market share from Tims with its wildly popular coffee and McCafé offerings, Fisher says.



McDonald's Egg McMuffin TORSTAR NEWS SERVICE

Breakfast accounts for 27 per cent of all fast food revenue, up from 20 per cent last year. According to research firm NPD Group, the morning meal (breakfast and early snack) actually surpassed lunch in 2014 as the industry's biggest business "day part" in Canada. It accounts for 35 per cent of all fast food traffic compared to 25 per cent at lunch, says NPD.

Most of the giants have launched new breakfast menu items recently. They range from so-called healthy fast food to traditional, higher-calorie fare, says marketing professor Ken Wong at the Smith School of Business at Queen's University. The Egg McMuffin, which was introduced in Canada in 1976, is still among the lightest menu items out there at 290 calories. Tim Hortons offers some brekkie sandwiches under 300 calories, while others are about 500 calories. At the other end of the scale, Burger King's Enormous Omelette Sandwich weighs in at 750 calories. TORSTAR NEWS SERVICE

The big players are pulling out all the stops to get your breakfast business. Doug Fisher is president of food service consultancy firm FHGI in Toronto and likes Starbucks but also enjoys the odd McDonald's breakfast sandwich. TORSTAR NEWS SERVICE

DIAMOND EXPLORATION

De Beers seeking First Nation support

An exploration team from De Beers Canada was expected to be in northern Ontario's remote Weenusk First Nation on Tuesday, to seek community support to conduct diamond exploration work.

Weenusk First Nation, or Peawanuck, is a small community of nearly 400 people, on the shores of the Winisk River.

The Cree community is divided on whether or not they support mining in their ecologically sensitive and undisturbed traditional lands.

De Beers is one of the world's largest diamond mine companies. Each year, the company pulls 600,000 carats of diamonds out of the Victor Diamond Mine, 90 kilometres west of Attawapiskat First Nation. But the Victor Mine nears the end of its life span in four years. De Beers is now looking for fresh sources for diamonds.

Weenusk band councillor Georgina Pepan said she was not going to the meeting on Tuesday. "I have already said what I had to say and I'm not interested in mining," said Pepan, adding the chief would also not be in attendance as he was out of town. TORSTAR NEWS SERVICE

IN BRIEF

Apple Pay now in Canada
Apple Pay launched in Canada on Tuesday but it currently accepts only American Express cards and the tap-and-pay system only works with the iPhone 6 and 6S models. Apple said seven retailers, including Tim Hortons, will accept payments at first. THE CANADIAN PRESS

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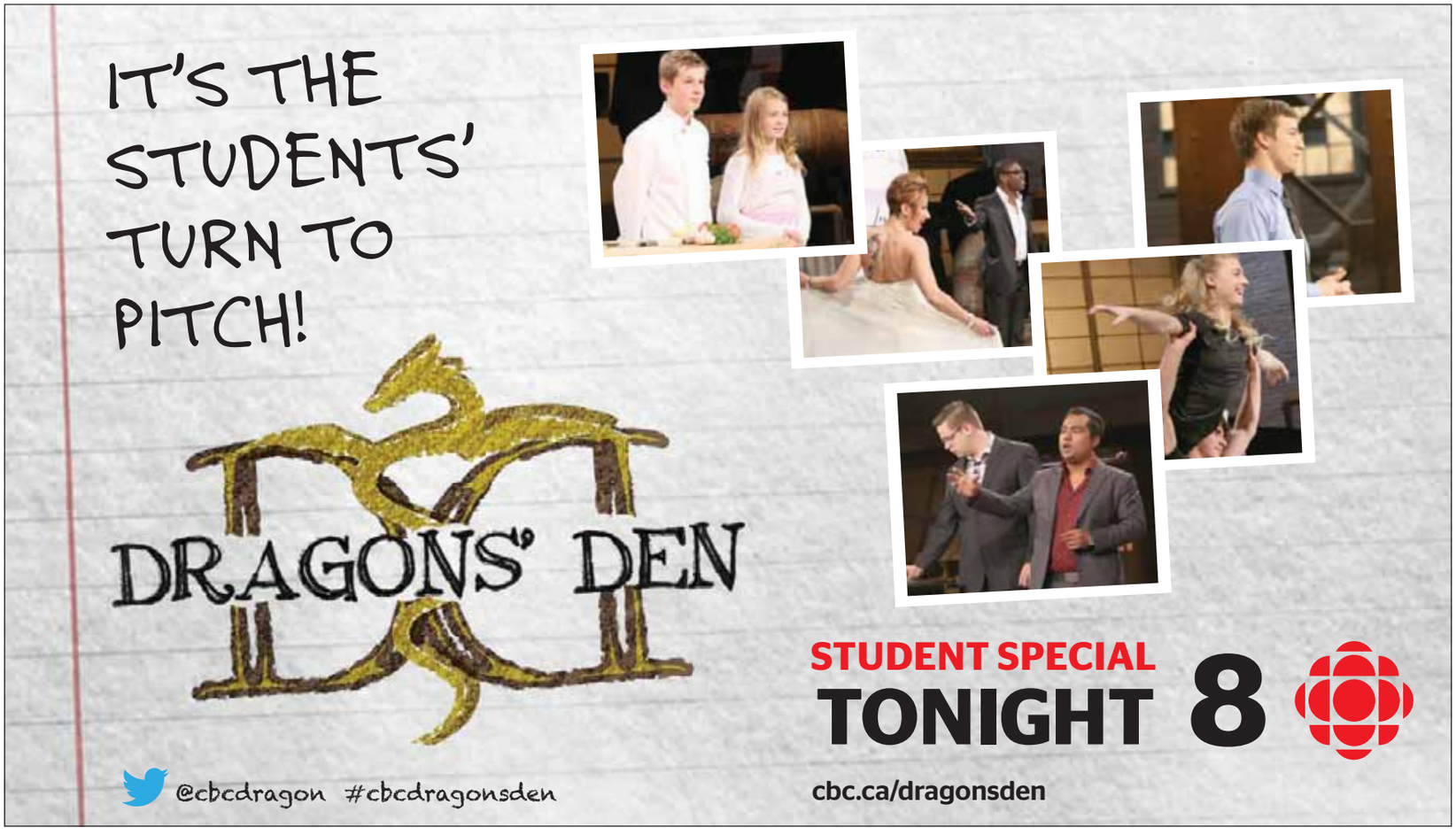

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metro VIEWS
Your essential daily news
Wednesday, November 18, 2015

ROSEMARY WESTWOOD

Hate-crime headlines and anti-immigrant sentiment don't completely describe this country. There are 35 million people in Canada. And the vast majority of them are not attacking Muslims right now.

A few things have happened to Farheen Khan since terrorists attacked Paris.

Yesterday, as she was getting ready to leave her house, her mother told her to make sure she called, to say that she's safe.

In the wake of hate crimes against Canadian Muslims, there's "fear, that we need to be careful," said Khan, a Mississauga writer, community activist, former NDP candidate in the last election and a Muslim who wears a hijab.

Then later yesterday, gassing up her car, an elderly man was watching her intently. "It looked like he wanted to say something." But instead he offered a deep, heartfelt smile. Khan sensed he "wanted to say I'm sorry that you're going through this."

You might think Islamophobia is sweeping this country: A Molotov cocktail tossed into a Peterborough mosque; a Toronto woman attacked in what police are calling a crime "motivated by hate;" a misguided woman with a sign on her lawn asking Muslims if they're sorry for what their "brothers" did in Paris.

More than 60,000 have signed a petition to slow Canada's acceptance of Syrian refugees. Saskatchewan's premier and Quebec City's mayor are both questioning the Liberals' plan — reiterated after the attacks — to offer a new home to 25,000 Syrians fleeing their country's civil war.

The hate-motivated crimes are "heinous and tragic," Khan said. But they have also lead to examples of support, like the Peterborough mosque. "You see the community rally together and try to raise money for this mosque." Loud voices support Canada's refugee commitments, too.

(ISIL) have nothing to do with the average Canadian Muslim, or the average Muslim, period.
Farheen Khan

Islamophobia in Canada has peaks and lulls. Like after 9/11, we're in a peak, Khan said.

"There needs to be a distinction. In a lot of people's minds we need to be able to create that sense that, you know what, an extremist group — they're an organized crime agency, they have nothing to do with the average Muslim Canadian or the average Muslim, period."

Khan added that clearly, education must continue.

"The last 10 years that we've been under the Harper Conservatives really added fuel to the fire. We've gone a little backwards."

We'll see if the new tone of the Liberals helps change things, Khan said. And she agreed with me that hate-crime headlines and anti-immigrant sentiment don't completely describe this country.

There are 35 million people in Canada. And the vast majority of them aren't attacking Muslims right now.

When we give in to fear and bigotry, the extremists win

Michael Coren
For Metro

I am currently in London, England, and the ripples from the Paris massacre are still being felt in this enormous city. It was all the more biting for me as our eldest daughter lives in Paris. Thank God she's okay, but one of her friends was shot in the arm. Proximity and love make it all so grotesquely real.

So, however, do the responses; especially when they are thoughtless, reactionary and soaked in rhetoric.

The mood here is that if we are to defeat these gargoyles of immorality, we must maintain our cultural superiority. And that culture consists of tolerance, religious pluralism, gay and women's rights, the rule of law and the acceptance of the stranger. To compromise on this would be to allow ISIL to win.

Yet within moments of the attack, not only social media but mainstream newspapers were calling not just for severe responses against ISIL — which is entirely justified — but warning against anybody perceived as a threat. Namely: Muslims and migrants.

The West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating.

The truth, however, is that the overwhelming majority of Muslims not only detest ISIL but are its first victims. As for migrants, the very reason many of them are fleeing is to escape Islamist barbarism. That feeling is strong in London, but I'm not so sure it's the case across the Atlantic.

As for increasing the military campaign against the terror group — and perhaps we have to do so — we should also remember that it was the Gulf War, the western coalition's invasion of Saddam's Iraq, that destabilized the region and led to the very anarchy we now see. If you doubt me, think back to the situation before that campaign took place.

So the West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating. Every time we make a sweeping statement about Islam, call on borders to be closed or call for migrants to be treated like potential terrorists, we play into the hands of ISIL and empower the very people we claim to oppose.

I have written an entire book about the persecution of Christians by Islamic extremists, and am not some naive fool who doesn't understand how the Muslim faith can be twisted. But I also know true Islam and true Muslim people.

As a submachine-gun-carrying British cop said to me just hours after the massacre, "These bastards have to be stopped." His name was Mohammad.

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Charlie Sheen on life with HIV

THE ANNOUNCEMENT

Actor reveals diagnosis to end extortion, reduce stigma

Former Two and a Half Men star Charlie Sheen has HIV.

In an interview Tuesday on NBC's Today, the 50-year-old actor said he tested positive for the virus that causes AIDS about four years ago, but that, thanks to a rigorous drug regimen, he's healthy.

When asked by co-host Matt Lauer if he had transmitted the disease to others, he declared, "Impossible. Impossible," and insisted he had informed every sexual partner of his condition beforehand.

Since his diagnosis, he has had unprotected sex with only two partners, he said, adding, with no further clarification, "They were under the care of my doctor and they were completely warned ahead of time."

He said one reason for going public with his condition was to put a stop to shakedowns from prostitutes and others who threatened to out him.

He said one prostitute took a photo of the HIV-related drugs in his medicine cabinet and threatened to sell that photo to the tabloids.

He said he had paid "enough to bring it into the millions" — perhaps as much as $10 million — to buy their silence and now was seeking to "put a stop to this barrage of attacks and sub-truths."

"Are you still paying these people?" Lauer asked him.

"Not after today I'm not," said Sheen, who during his appearance appeared jumpy and spoke in stuttering bursts.

Asked by Lauer if he expected "a barrage of lawsuits" from past sexual partners alleging he infected them, he said wanly, "I'm sure that's next."

With his public pronouncement, Sheen said he hoped to reduce the stigma and shame still felt by some others diagnosed with HIV, as well as by those who are reluctant to be tested in the first place.

"I have a responsibility now to better myself and to help a lot of other people," he said. "And hopefully with what we're doing today, others may come forward and say, 'Thanks, Charlie, for kicking the door open'."

THE ASSOCIATED PRESS

WHAT TO KNOW

AIDS activists react

Three Toronto social workers talked about what they hope people will take away from the Sheen's HIV-positive reveal.

DO

...practice what you tweet

"People are much more willing to talk about HIV and show compassion and that's incredible," says Murray Jose-Boerbridge, executive director of the Toronto People with AIDS Foundation. "The next hurdle there is to actually take that to action."

...start treatment right away

"What we're hearing ...is it's really important to start your treatment right away when you find out," says Jocelyn Watchorn, the AIDS Committee of Toronto's director of support services.

...disclose to your children at your own pace

Sheen spoke about coming clean to his 31-year-old daughter Cassandra. "It's helpful when the parents themselves have done a lot of work in terms of their own acceptance of HIV," says Nicci Stein, executive director of the Teresa Group, which advocates for children and families affected by HIV and AIDS.

DON'T

...talk about HIV like it's a karmic punishment

"People always think, 'I'm not that kind of person, therefore I'm fine'," Stein says. "There's such a wide variety of people who are living with HIV through all sorts of circumstances."

...assume Sheen represents all HIV-positive people

"I'd hate to see discussion or resources move to follow the trend of a star. The vast majority of people living with HIV continue to be gay men or other individuals who are experiencing societal gaps," says Jose-Boerbridge.

...underestimate the value of a celebrity ally

"He has the capacity and he certainly has the following to actually raise provocative conversation," Jose-Boerbridge says. "To actually challenge people to really think."

TORSTAR NEWS SERVICE

Charlie Sheen in an interview Tuesday said he tested positive four years ago for the virus that causes AIDS. NBC/THE ASSOCIATED PRESS

SOME FACTS ABOUT HIV

- Cocktails of powerful medications have turned HIV into a manageable chronic disease for many people who can afford them. Those drugs also reduce the amount of HIV virus circulating in the body, what's called the "viral load," often to undetectable levels. That, in turn, reduces their chance of transmitting HIV to sexual partners, one reason that health officials urge early treatment.
- There is no vaccine. Condoms if used consistently and correctly are highly effective at preventing sexual transmission. Also, a daily pill sometimes is prescribed for healthy people to help prevent them from becoming infected by partners who have the virus, something called "pre-exposure prophylaxis" or PrEP. THE ASSOCIATED PRESS

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4	2	1	9	5	7	8	3	6
7	9	8	6	3	1	5	4	2
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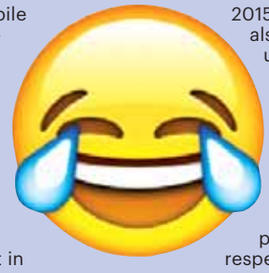
EMOJI USAGE ON THE RISE

Oxford's Word of the Year for 2015 is not a word

For the first time, the Oxford Dictionaries Word of the Year for 2015 is not a word but an emoji.

The pictograph is officially called the 'Face with tears of joy,' and shows a happy face crying tears.

To choose from the many types of emojis in use, Oxford University Press worked with mobile technology business SwiftKey to track the most popular symbol used around the world in 2015.



In the U.K., the happy crying face made up 20 per cent of all emojis sent in 2015, while it also made up 17 per cent of emojis used in the U.S.

That compares to four and nine per cent respectively the year before.

Likewise the use of the word emoji, which first entered the English language in 1997, has more than tripled in 2015 compared to 2014.

'Emoji' differs from the word 'emoticon' which is composed of keyboard characters to form facial expressions such as ':)'. AFP

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Master of None star and creator Aziz Ansari has made the perfect show about the minutiae of awkwardness. HANDOUT

JOHANNA SCHNELLER
WHAT I'M WATCHING

Aziz Ansari speaks to his generation

MASTER OF NONE, SEASON 1, EPISODE 5 (NETFLIX)

Dev (series creator and star Aziz Ansari) and a married woman (Claire Danes) are caught in flagrante by her husband Mark.

"I'm going to leave, and this time I'm leaving for good!" Mark rages to her.

Then he wheels on Dev, who is clad only in undershorts: "Why are you still here?" "I thought it might be awkward if we were in the elevator together," Dev replies. "Would you like to go first, or should I go first?" Mark stares at him in disbelief, then snaps, "Get the f— out of my house!"

> **Dev is nearly naked, in the middle of an emotional maelstrom he helped cause.**

I love this — Dev is nearly naked, in the middle of an emotional maelstrom he helped cause, yet his main concern is parsing the minutia of awkwardness.

All 10 episodes contain moments like that, because Ansari has a gift for capturing the rhythms and concerns of millennials, that 20-something cohort who are struggling to be authentic but on-trend, empathic but cool; are navigating a world where they have to ask permission to kiss but expect to hook up; are trying to figure out who they are while processing billions of bytes of information; and who fear awkwardness above all else.

Ansari is also first-generation American, which adds a new dilemma, proudly brown versus colour-blind.

He sums up an entire world view in, say, the search for the perfect taco ("What am I supposed to do now?" he sputters to the taco truck driver, whose wares are sold out. "Buy the second-best tacos, like an idiot?"). It's the perfect 21st-century show.

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'Tis the season for slow cooker meals

QUICK RECIPES

Try these fun dishes that are perfect for busy families

Ceri Marsh & Laura Keogh
For Metro Canada

We're going to tell you the one thing that is certain to make your life easier. And you're likely going to be surprised that it's a kitchen appliance.

However, if you need to get meals on the table for your family everyday, without fail, then a slow cooker is truly your savior.

We know — it's wildly unsexy, but this magical appliance is the easiest way to deliver home-cooked meals without all the, well, you know, being home and cooking.

Whether you toss your dinner in the pot in the morning and head out the door to work or fill it with goodness before you go to bed, your family is always guaranteed a hearty and delicious meal.

Here are two of our favourite slow cooker dishes you can get on the table this week.

If your family doesn't already have a taco day then you'll definitely want to start the tradition with this juicy and tender chicken dish.

Ready in
Prep time: 10 minutes
Cook time: 6 hours

Ingredients
- 6 boneless, skinless chicken thighs
- 1 ½ cups prepared pico de gallo or salsa
- ¼ cup fresh lime juice
- 2 tsp cumin seeds, lightly toasted
- ¼ cup chopped fresh cilantro
- 12 taco shells

Directions
1. Place the chicken, pico de gallo or salsa, lime juice and cumin seeds in a slow cooker and stir to combine. Cover and cook on low for 6 hours.

2. Allow to cool a bit. Scoop the chicken out with a big slotted spoon and place it in a large bowl. Use two forks to pull the meat apart. The chicken will shred easily. Stir in some cooking juices from the pot and add the cilantro.

3. Place the shredded chicken, your taco shells and desired fixings on the table and let everyone put together their own perfect taco.

LUNCH CHICKEN CHILI TACOS

Let your family top their tacos with their favourite ingredients. This recipe serves four. MAYA VISNYEI

DINNER BUTTER CHICKEN

You won't believe how good the house smells when you come through the door to this healthy recipe that doesn't actually use a drop of butter but delivers double on creamy and rich flavour.

Ready in
Prep time: 10 minutes
Cook time: 6 hours

Ingredients
- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 147 ml tube of tomato paste
- 1 heaping Tbsp curry
- 1 x 400 ml coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsps coconut oil
- small handful of cilantro for garnish

This recipe serves eight. MAYA VISNYEI

Directions
1. Put everything in the slow cooker and stir it all around.

2. Close the lid. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be OK.

3. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

metro DRIVE

Your essential daily news

Carvana launches world's first coin-operated car vending machine in Nashville

Satisfyingly straightforward

ROAD TESTED

REVIEW

Ford Edge lacks personality, but big on most everything else

Mike Goetz
For Metro Canada

Ford Edge was one of the pioneers of crossover land.

The territory is now teeming with contenders, but Edge has always maintained a sizable following through the years, even with the last generation model, which first debuted way back in 2006 and was showing its age.

An all-new Edge debuted for 2015 and it shows Ford knows a thing or two about building and selling mainstream crossovers. The styling is current crossover generic with a Ford face and will not alienate anybody. And through an expanded four-trim lineup (SE, SEL, Titanium, Sport), a series of well-thought-out option packages, and three engines on the menu, the Edge can be tailored to fit the needs of a lot of buyers in the "family" space.

So Ford Edge is not a niche product. But this is a good thing for midsize crossover shoppers, as it is built to deliver what everyone expects and values today in this segment, without too much fanfare and extra expense.

Moving the Edge to the current Fusion platform has raised its driving dynamics to another level. AWD models also now get "Curve Control" that automatically adjusts power and braking to maintain the right pace and line through a corner, should you go in there a little too hot.

All models also get "paddle shifters" on the steering wheel, and they are always "active" — you don't have to first shift the transmission lever into any kind of "manual drive" position.

The more sophisticated chassis is also quieter, and more comfortable over rough roads.

The big 3.5-litre V6 in our tester pumps out a lot of torque, for effortless motoring.

Ford Edge actually debuted the ill-fated first-generation MyTouch interface. This newer version works much better, and has just the right amount of hard buttons and knobs.

Our Titanium test vehicle had the 8-inch LCD screen with SYNC. That techy piece, along with the dashboard and centre console designed to look like one piece, looks impressively modern. Luxury vehicles seem to knit their interior bits together with a bit more detail and finesse, but otherwise there is a lot to enjoy in the Edge cabin.

With a slightly longer body and no third row to worry about, the Edge has a roomy rear seating area. And there is almost 200 litres of cargo space behind those rear seats. One of Edge's best features are the rear seat backs, which can be flipped forward by the cargo-area mounted switch.

It has a wide variety of up-to-date safety features, such as 18-degree front camera, adaptive cruise with brake support, blind spot warning, park assist, a lane keeping system that steers the vehicle back into line, and inflatable rear safety belts. Overall the new Edge feels very capable, comfortable and useful.

THE CHECKLIST | 2016 FORD EDGE

THE BASICS

Type. Midsize, 5-passenger, FWD/AWD crossover
Power. 245-hp 2.0-litre Turbo I4, 280-hp 3.5-litre V6, 315-hp 2.7-litre Turbo V6
Transmission. Six-speed automatic
Price. Base $31,999 (plus destination)

NOTABLE FEATURES

- 180-degree front camera, which has its own washer cleaning system
- Advanced park assist for both perpendicular and parallel parking spaces
- Available heated and cooled front seats
- Cargo-area switch flips rear seats forward to form a virtually flat and voluminous cargo hauling space

MIKE GOETZ/FOR METRO

POINTS

- All-new generation model debuted in 2015, based on current Ford Fusion platform
- Made in Canada, and first Edge model to be exported to Europe
- Stiffer and better handling chassis, fortified Sport model, and standard paddle shifters on all models nudge Edge toward more intensive driving experiences

MARKET POSITION

- Slots in the Ford crossover roster between the smaller Escape and slightly larger Explorer
- Roomy and car-like crossover, for those who don't need extreme 4X4 capabilities, towing, or three rows of seating
- New range-topping Titanium model designed to meet increasing market demand for more premium feel and features in small and midsize crossovers

THE COMPETITION

Dodge Journey
Base price: $21,495

Toyota Highlander
Base price: $33,355

Nissan Murano
Base price: $31,889

SEMA SHOW

Small carmaker 3D-printing its way into the history books

The Local Motors LM3D wowed at the Specialty Equipment Market Association show earlier this month. NEWSPRESS

Even at an event dedicated to customization and individual automotive style, a small company called Local Motors with just a single car on display managed to make a huge impression at this year's SEMA show.

At first glance, the LM3D Swim looks like a beach buggy. It's red, has no roof and there's even a surfboard mount. However, when you realize that it took less than four months to go from an idea to the finished product and that said product was made via Direct Digital Manufacturing (DDM) — a form of 3D printing — then things start to get very interesting.

"In the past few months our engineers have moved from only a rendering to the car you see in front of you today," Local Motors CEO Jay Rogers said. "We are using the power of DDM to create new vehicles at a pace unparalleled in the auto industry."

Local Motors first proved the potential power of 3D printing in January when it arrived at the North American International Auto Show in Detroit without anything to display but over the course of the event live-printed an electric vehicle, the Strati.

The LM3D Swim design came from Kevin Lo, a member of Local Motors' community of developers, makers and innovators, and was chosen from 60-plus entries.

Despite the rapid pace with which the company and its creations have already moved, meeting federal safety rules takes time. One of the LM3D Swim's aims is to accelerate the process of creating a fully homologated series of cars that meet all relevant safety standards with a view to making the first customer deliveries by 2017.

As well as crash protection, the car will also protect the environment. It has fewer components — 50 versus the 30,000+ used in a typical vehicle — and an electric motor. Then there's the scope for customization. Potential owners can quite literally personalize their vehicles inside or out with little more than the click of a mouse.

The company hopes consumers will be able to start reserving and potentially customizing their printed cars in 2016, and the finished vehicle should retail for $53,000. AFP

The haul to environmental health

DRIVING FORCE

Concept vehicle offers lessons for manufacturers

Jil McIntosh
For Metro Canada

Car owners are always looking for better fuel efficiency, but they're not alone. It's also a major issue with tractor-trailers, since fuel is usually a trucking company's largest operating cost.

As part of a U.S. government project involving four truck manufacturers, Freightliner has developed its SuperTruck. This concept tractor-trailer has achieved real-world testing of 19.3 L/100 km when fully loaded, about half of what a conventional truck would use.

"Seventy per cent of the freight in the U.S. is hauled by trucks, so trucking is an important part of the economy, but it consumes about 20 per cent of all fuel for road vehicles," says Derek Rotz, manager in advanced engineering for Daimler Trucks North America, which owns Freightliner. "If a truck uses less fuel, fleets can reduce their operating costs and it's good for the environment."

The SuperTruck concept is a combination of technologies, some of which are already in use in production trucks, including aerodynamic styling and low-rolling-resistance tires.

Others that may be used in the future include lightweight materials, electric air conditioning, and active grille shutters that improve airflow over the nose when full engine cooling isn't needed.

But while engineers tried as many things as possible, not all of them turned out to be viable. A technology has to cost less in the long run than the equivalent value of the fuel it will save, and also can't be so complicated that it's difficult to manufacture or install. The SuperTruck uses an exhaust-mounted turbine that runs off waste heat to produce electricity, but it's too heavy and complex for real-world use.

The truck also has a gasoline-electric hybrid system that ultimately didn't return the efficiency expected. Hybrid systems recharge their batteries with regenerative braking, which captures kinetic energy generated by the wheels when slowing down. Since these trucks primarily cruise at steady speed on the highway, there isn't much opportunity to recharge.

"There is limited stop and go, which means less energy recovered," Rotz says. "And it needs a lot of power to drive the vehicle, so you need a unique hybrid design for trucks and it's difficult to leverage passenger car technology. We went into the program in 2010 and (truck) hybrids were in discussion at the time, but very little was known about them. Five years later, we know the potential but also the limitations of the system, and we feel hybrids are actually not the best solution for long-haul trucks."

The engineers also optimized more than 2,000 of the truck's components, gaining a fraction of fuel economy with each that adds up over the entire vehicle. The truck's integrated aerodynamic trailer is also part of the project, and contributes about two-thirds of the SuperTruck's overall fuel savings.

This truck won't go into production, but much of its fuel-saving tech will. JIL MCINTOSH/FOR METRO

DETAILS

- The U.S. government's SuperTruck program goal was a **50 per cent freight efficiency improvement**, which includes fuel, distance travelled and weight carried, but Freightliner achieved a 115 per cent improvement.
- Concept vehicles like the SuperTruck allow engineers to test new technologies not just in laboratories, but in **real-world scenarios** including hauling loads.
- Freightliner has also introduced a **self-driving concept truck**, the Inspiration, currently being tested on Nevada's highways.

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Model shown: CR-V Touring RM4H9FKNX

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MSRP $27,045** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

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†$2,000/$3,000/$2,500 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D L4 EX-L Navi, 2D V6 EX-L Navi 6MT, 4D LX CVT, 4D Sport, 4D EX-L, 4D Touring) and select Civic models (2D LX, 2D EX, 2D EX-L Navi, 2D Si, 4D DX, 4D LX, 4D EX, 4D Touring). Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$27,045/$17,245 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX CVT CR2F3FE/Civic 4D DX 5MT FB2E2FEX including $1,695/$1,695/$1,495 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer. Taxes, license, insurance and registration are extra. Offers valid from November 3rd through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Roomy cube goes outside the box

USED VEHICLE

Fun to drive, but check 2009-13 models for bad locks

Targeting shoppers after heaps of space, fuel efficiency, compact driving manners and a full suite of options and features for customization, the tall and boxy five-door Nissan cube was marketed not as a car, but as a so-called mobile device.

Feature content included automatic climate control, Bluetooth, a Rockford Fosgate stereo, and a full range of individual accessory options. Push-button start with intelligent key, and interior mood lighting, were also available. Note that model grades included the cube 1.8, 1.8 S and 1.8 SL, from basic to loaded.

Standard on all models is a 1.8-litre four-cylinder engine with 122 horsepower, front-wheel drive, and a manual or CVT automatic transmission.

The test drive

Confirm proper operation of the rear door latch, several times, ensuring it opens via both the key and the remote release (if equipped). Problems with the rear door latch and lock may stem from a bad lock actuator. Check all doors for similar issues, and note that some owners have also reported issues with the fuel-door latch mechanism.

A troublesome steering-lock mechanism may fail and render the cube unable to start. If you can't turn the wheel, or the key, to set off, a bad steering lock is to blame. The owner's community has devised a DIY fix, available online, as the cost to repair this part out of warranty looks fairly hefty.

When driving, note that performance issues that include "lugging" or "bogging" under light or moderate acceleration could be caused by a bad knock sensor, which may or may not be accompanied by a Check Engine light. A mechanic can scan the cube's engine computer for signs of trouble in a matter of seconds if you note any issues.

Note that staining, a gross mildewy smell, or actual damp carpets in the rear cargo area are good signs that the rear hatch weather seals are leaking. The likely cause is a buildup of dirt and road crud around the plump rubber seals, which prevent a good seal and allow water through.

Once the model you're test-driving is warmed up to operating temperature, turn the stereo system and climate control off and lock your ears onto the CVT transmission (if equipped), as the vehicle comes to rest when stopped. Some owners have reported a rattling noise, which could be the result of a loose or improperly installed powertrain mount. This issue is easily repaired. JUSTIN PRITCHARD

COURTESY NISSAN

What owners like

Owners tend to rave about practicality, better-than-you'd-think performance and driving manners, maneuverability, outward visibility and an all-around fun-to-drive character. Gas mileage, a slick-shifting six-speed stick and heaps of interior space, headroom and legroom all round out the appeal.

What owners dislike

Common gripes include plasticky and low-budget interior bits, and a tendency for the cube to catch the wind and handle windy days like a four-wheeled kite.

The verdict

Research shows that the cube is a car largely loved by a strong owner's community. A well-cared-for model with a clean bill of health after a pre-purchase inspection can be bought confidently.

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*Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Tiguan FWD Trendline (#5N21V4) base model with 6-speed manual transmission. $1,760 freight and PDI included in monthly payment. 48-month term at 1.99% APR. $0 down payment, $0 security deposit and first monthly payment in excess of payment credits (if applicable) due at lease inception. Total lease obligation: $13,940. 64,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ‡Limited time lease credits (on approved credit, through Volkswagen Finance) on select 2016 models available to be applied to first two monthly payments up to a maximum amount of $700 per month for the Tiguan FWD Trendline. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end November 30, 2015 and are subject to change or cancellation without notice. Model shown: 2016 Tiguan 2.0T Highline R-Line, $39,993. Vehicle shown for illustration purposes only and may include optional equipment. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Tiguan", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2015 Volkswagen Canada.

metro SPORTS

According to reports, nine-time all-star and former World Series MVP David Ortiz of the Red Sox will retire after the 2016 season

Competitive 'bug' still lies in Lions quarterback

CFL

2011 Grey MVP Lulay slated for free agency

Cam Tucker
Metro | Vancouver

The adrenalin was still pumping through the veins of Travis Lulay even a day after the B.C. Lions were eliminated from the CFL playoffs. Those competitive juices still flow.

That much was certain Monday, as the Lions cleaned out their lockers.

What exactly it means for the future of Lulay, the Lions and the CFL still needs to be determined. The amiable quarterback that has dealt with injury in each of the last four seasons, derailing his time as the starter here in Vancouver, is a pending free agent at the age of 32.

Perhaps if the Lions didn't have what looks to be their future starter — perhaps even a future star — at the quarterback position in Jonathon Jennings, this might not be complicated.

When Lulay and backup pivot John Beck went down to injury in September, it was the rookie Jennings who stepped in and helped revived a struggling offence, and did so all the way into his first playoff start in Calgary this past weekend.

If Lulay, the Grey Cup's most valuable player four years ago, opts to re-sign in B.C., it could mean a pay cut and the backup job. If he decides to test the open market, surely interest from other clubs in need of a veteran quarterback will follow.

"Any quarterback — if you're the fourth guy as a rookie on the practice squad — if you don't want to be a starter, you're in the wrong line of work," said Lulay.

"I still have that bug, absolutely."

Lulay was forced to enter Sunday's game after Jennings injured his left shoulder in the first half.

Jennings no longer had the sling on his left arm when he met with media Monday, and expected to be out for only a few weeks to a month.

As the season went along, both Lulay, as the mentor, and Jennings formed a healthy working relationship and a friendship, too.

But time for a decision on Lulay's future nears.

Head coach Jeff Tedford was asked if Jennings was the starter going forward, saying: "As of right now, we would start the way we finished."

He added it's too early to tell if Lulay would be open to accepting a backup role if asked.

Travis Lulay may have played his final game as Lions quarterback. JONATHAN HAYWARD/THE CANADIAN PRESS

84.4

Lulay showed he can still hang in the CFL with a QB rating of 84.4 this past regular season.

TENNIS

Federer breaks Djokovic ATP spell

Even the best player in the world can have an off day, especially when he's playing someone many believe is the best of all time. Roger Federer brought his top game to the O2 Arena on Tuesday, stopping Novak Djokovic's ATP Finals winning streak at 15 by beating the top-seeded Serb 7-5, 6-2.

Federer, who lost to Djokovic in the Wimbledon and U.S. Open finals. "I felt good about my chances all day."

> **I made a lot of unforced errors. Just handed him the win.**
> Novak Djokovic

The win put Federer in the semifinals of the season-ending tournament for the 13th time in 14 appearances. Djokovic, who has already clinched the year-end No. 1 ranking, had not lost at the ATP Finals since 2011, winning the last three elite titles for the top eight players in the world.

But Federer was strong Tuesday. The six-time champion broke Djokovic in the final game of the first set, and again early in the second. Although Djokovic broke right back, Federer regained the lead and won the final four games. THE ASSOCIATED PRESS

MLB

Banister, Maddon named top skippers

Jeff Banister was selected the AL Manager of the Year after leading the Texas Rangers to a division title in his first season on the job.

Banister got 17 first-place votes for 112 points from the Baseball Writers' Association of America in balloting announced Tuesday.

Texas won 88 games this season — 21 wins better than last year — in taking the AL West.

Later, Joe Maddon won the National League honour. In his first season in Chicago, he led the Cubs to the playoffs following a regular-season record of 97-65. THE ASSOCIATED PRESS

Jeff Banister

Joe Maddon

THE ASSOCIATED PRESS

NHL IN BRIEF

Niemi and Nichushkin star for Dallas in win over Sabres

Valeri Nichushkin scored 51 seconds into the game and Antti Niemi stopped 24 shots to help the Dallas Stars beat the Buffalo Sabres 3-1 Tuesday night.

Alex Goligoski and Tyler Seguin also scored, and Dallas won a late coach's challenge on the way to becoming the first NHL team to 15 wins this season. The Stars' 30 points are tied with Montreal and the New York Rangers for tops in the league. THE ASSOCIATED PRESS

Saad makes Blue Jackets smile with pair against Blues

Brandon Saad scored twice to help the Columbus Blue Jackets beat the St. Louis Blues 3-1 on Tuesday night for their first three-game winning streak of the season.

Cody Goloubef scored for Columbus, which has won five of its last seven. Sergei Bobrovsky made 19 saves for a 5-1-0 record in his last six games. Kevin Shattenkirk scored for banged-up St. Louis, which beat the Jets on Monday but has lost three of four. THE ASSOCIATED PRESS

NHL

Source: Format of All-Star game altered

The NHL all-star game will have a new format this season, a source told The Canadian Press.

A mini three-on-three tournament will replace the traditional game for the 2016 event in January in Nashville.

Two teams from the Eastern Conference will face off and two teams from the West will face off with the winners meeting for the championship.

An official announcement is expected Wednesday

The NHL had been debating changes to the all-star format but needed approval from the Players' Association.

According to reports, the popular player draft will be scrapped.

Three-on-three overtime is in its first season of existence and has drawn mostly positive reviews, though all-stars Erik Karlsson and Dustin Byfuglien have come out against it.

THE CANADIAN PRESS

As Ryan Miller goes, so go the Canucks

THE HOCKEY NEWS
Ronnie Shuker

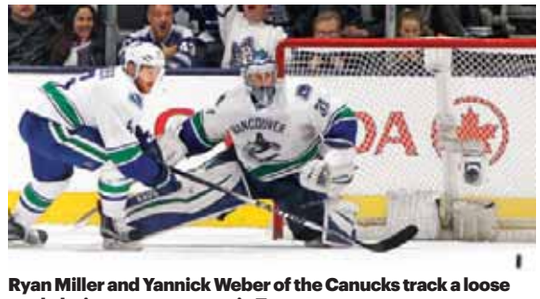
It's a tired truism that a team is only as good as its goalie, but Ryan Miller is certainly proving the point.

Vancouver shot out of the gates on the back of Miller, who started the team's first 10 games until Richard Bachman spelled him off on Oct. 30. Miller had a 2.16 goals-against average and a .923 save percentage in those 10 games. Not surprisingly, the Canucks went 4-2-4 and were tied with the Los Angeles Kings for first in the Pacific Division.

Since then, however, Miller — unsurprisingly — has come back to earth. He has been, well, less than stellar in six starts so far in November, with a 3.04 GAA and an .892 SP, and the Canucks have gone just 1-4-1 in those six starts.

Perhaps the most telling statistic is that he has allowed three goals or more in 10 of his 16 starts.

Now, Miller won't continue to be as bad as he's been this month, but neither in the long run will he return to being as good as he was to start the season. Since winning the Vezina Trophy in 2010, Miller has put up five straight seasons of sub-.920 SPs. To expect that to change at 35 years is not only wishful thinking. It's poor management on the part of general manager Jim Benning.



Ryan Miller and Yannick Weber of the Canucks track a loose puck during a recent game in Toronto. CLAUS ANDERSEN/GETTY IMAGES

Truth be told, Miller and the Canucks are a paper tiger. They sit second in the Pacific Division with 20 points, just two shy of the Kings, but look a little closer. The Canucks have just six regulation wins, the same number as bottom feeders Calgary and Edmonton had heading into Tuesday night. That is a better marker than a bloated points percentage that's been artificially boosted by five loser points. Only Anaheim, Philadelphia, Toronto and Ottawa have fewer regulation wins, and all four teams have played fewer games than Vancouver. The Canucks are a playoff pretender masking as a contender.

1-4-1

The Canucks' record in Ryan Miller's November starts.

Miller is still a good goalie, but he's no longer great. Which is why, as per the truism above, the Canucks will remain, at best, a good team in a sea of great Western Conference clubs.

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RECIPE Kale Mac and Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Your favourite childhood meal just got a makeover. Don't worry, we promise it's still as delicious as ever.

Ready in
Prep time: 50 minutes
Serves 6

Ingredients
- 2 Tbsp unsalted butter
- 2 Tbsp spelt flour
- 4 cups spelt elbow macaroni
- 1/4 cup low sodium chicken stock
- 1 1/2 cups milk
- 1 cup shaved cheddar cheese
- 1 1/2 cups shaved Monterey Jack cheese, divided
- 1 tsp Dijon mustard
- 1 cup frozen chopped kale
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup of bread crumbs

Directions
1. Preheat oven to 350 F.
2. In a medium size saucepan, melt butter over medium low heat. Add flour and whisk.
3. Cook pasta according to package directions.
4. Add chicken stock and milk and allow to simmer for 5 minutes so mixture can slowly thicken, stirring occasionally. Lower heat and add mustard, cheddar and 1 cup Monterey Jack cheese. Mix until cheeses have melted and mustard is combined. Add kale, nutmeg and salt; stir until warmed and mixed together, about 2 minutes.
5. Place cooked pasta into medium size casserole dish and mix in cheese sauce, being sure to coat all the pasta. Sprinkle the top with the remaining Monterey Jack cheese and then top with bread crumbs. Bake for 30 minutes, or until cheese sauce is bubbling and edges are a golden brown.

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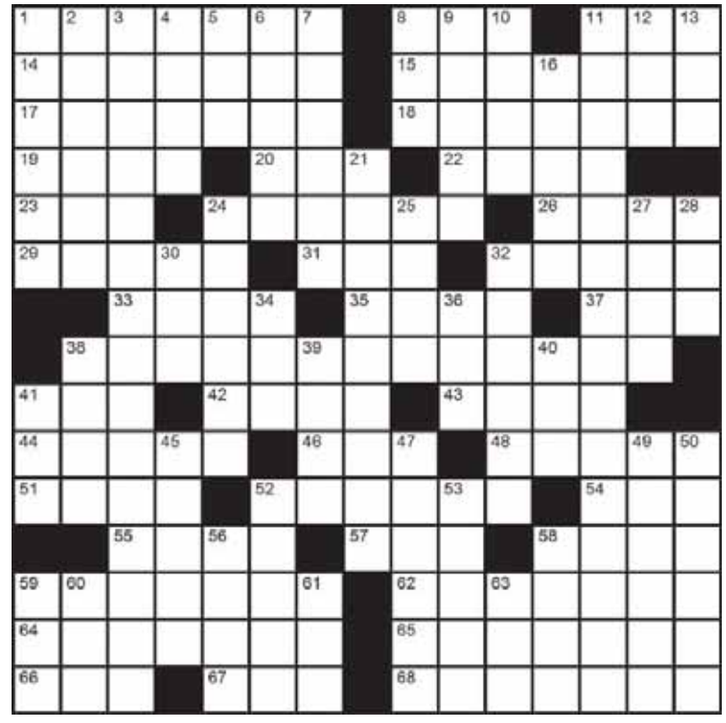
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Look beyond: 2 wds.
8. "Take on Me" band
11. Beach building
14. Revolutionary leader Che Guevara's real first name
15. North Carolina's capital city
17. Diamond patterns on classic socks and sweaters
18. Slice, in Sherbrooke
19. Mr. Schifrin (Composer of the "Mission: Impossible" theme music)
20. Clairvoyance, e.g.
22. Peril
23. "Take _, _ insist."
24. Like the vision of a not-wearing-their-glasses person
26. Shield's centre knob
29. Like a twangy voice
31. Member of Parliament, e.g.
32. Found out
33. House, in Hamburg
35. Radar's grape drink on "M*A*S*H"
37. Rob Roy's refusal
38. Margaret Atwood's latest book, The _ _ _
41. Courteney of "Friends"
42. Actor, Corbin _
43. 'N' of CSNY
44. Wishes
46. Medical pros
48. Lasso
51. In an overly casual manner
52. Island of Italy
54. Job seeker's submission, for short
55. Spoken
57. Aussie animal
58. Pres. Lincoln's
59. Dried fruit, often
62. Upgrade
64. Forestall
65. "20,000 _ Under the Sea" (1954)
66. CN Tower's city, tiny-ly
67. Tube-shaped fish
68. Concert extras

DOWN
1. Keep that freshness by securely closing the food container: 2 wds.
2. Printers' mistakes
3. Canadian History... Sir Martin Frobisher or Sir John Franklin, for example: 2 wds.
4. The Smurfs creator
5. Non-verbal communication syst.
6. Forged material
7. Even chance
8. _ gallery
9. Title romantic comedy role for Billy Crystal
10. Jai's friend
11. Village on Random Island in Newfoundland: 2 wds.
12. "Eww."
13. Definite article
16. Happen as a result
21. Articulate
24. Short write-ups
25. "Full Metal Jacket" (1987) actor, _. _ Ermey
27. Army _ (Military kid)
28. Lyric poem
30. US motorists org.
32. "Million Dollar Baby" (2004) star Ms. Swank
34. MLB's Cardinals, on scoreboards
36. QVC rival on American TV
38. Winter coat part
39. Ms. Halliwell (Ex-Spice Girl)
40. "_ _ was saying..."
41. Vitality
45. High nest, variantly
47. Figure of speech
49. Plasmas and LCDs, fun-style spelling
50. Evaluate
52. Alpine sight
53. Measure of light
56. Wile E. Coyote's supplier
58. Jason's craft
59. Fitting
60. For
61. Final amt.
63. B.C.'s ocean

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't look back and wonder what might have been — look forward and create a bright new future. Any regrets you still have must be dealt with, then forgotten once and for all.

Taurus April 21 - May 21
You seem to be plagued by self-doubt. Why? Snap out of it because there is serious work to be done. You are more sensitive than usual but don't let that paralyze you.

Gemini May 22 - June 21
The more others say bad things about you the more certain you can be that your actions are having the desired effect. You must not back down. Let others know that you will not be cowed into silence.

Cancer June 22 - July 23
You may be in the mood to change things but don't make changes that are not necessary. Focus on your home situation before turning your attention to anything else.

Leo July 24 - Aug. 23
Stick to the rules today because if you try to cut corners the powers that be will come down on you hard. Not everyone shares your cavalier approach to getting things done.

Virgo Aug. 24 - Sept. 23
Do not allow yourself to be seduced by people who have a way with words — it will inevitably lead to some kind of loss, most likely financial. You don't need advice. Deep down you already know the answers.

Libra Sept. 24 - Oct. 23
Don't be distracted by things that take you away from the path you should be on. There will be time for fun and games later on, when the serious stuff has been done.

Scorpio Oct. 24 - Nov. 22
It may be in your power to take what you desire but it is not in your long-term interests. If there is something you want but cannot attain through fair means, it may be a sign that you are not supposed to have it.

Sagittarius Nov. 23 - Dec. 21
Don't get so caught up in other people's woes that you start feeling depressed. Steer clear of negative people and focus on the good — plenty of which is coming your way.

Capricorn Dec. 22 - Jan. 20
It would be wise to keep certain thoughts and opinions to yourself. If you cannot say something that everyone can agree with it might be best not to say anything at all.

Aquarius Jan. 21 - Feb. 19
Some people are stuck in their own way of seeing things and logic and common sense seem alien to them, but that's life. Make allowances for those who do not share your ability to see both sides of the story.

Pisces Feb. 20 - March 20
If you're having second thoughts about something then stop. See which way fate points you next week. The Sun's change of signs could lead to changes in your goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	5	9	3	8			
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